

Part I: The Apostle's Creed

1. The profession of faith (the Apostle's Creed)

1.1. Twelve Articles of the Creed

- 1.1.1. 1. I believe in God, the Father almighty, creator of heaven and earth.
- 1.1.2. 2. I believe in Jesus Christ, His only Son our Lord.
- 1.1.3. 3. He was conceived by the power of the Holy Spirit and born of the virgin Mary.
- 1.1.4. 4. He suffered under Pontius Pilate, was crucified, died and was buried.
- 1.1.5. 5. He descended into the dead. On the third day He rose again.
- 1.1.6. 6. He ascended into heaven and is seated at the right hand of the Father.
- 1.1.7. 7. He will come again to judge the living and the dead.
- 1.1.8. 8. I believe in the Holy Spirit,
- 1.1.9. 9. the Holy Catholic Church and the communion of saints,
- 1.1.10. 10. the forgiveness of sins,
- 1.1.11. 11. the resurrection of the body,
- 1.1.12. 12. and life everlasting, Amen.

Part II: The Liturgy

2.: Celebration of the Christian Mystery

2.1. Three Liturgical Parts

- 2.1.1. Liturgy of the Preparatory rites
 - 2.1.1.1. Enter a state of prayer and humility
- 2.1.2. Liturgy of the Word
- 2.1.3. Liturgy of the Eucharist

Part III: The Ten Commandments

- 3.1. I am the Lord thy God. Thou shall not have strange gods before me
- 3.2. Thou shall not take the name of the Lord thy God in vain.
- 3.3. Keep holy the Sabbath
- 3.4. Honor thy father and mothers
- 3.5. Thou shalt not kill
- 3.6. Thou shalt not commit adultery
- 3.7. Thou shalt not steal.
- 3.8. Thou shalt not bear false witness against they neighbor.
- 3.9. Thou shalt not covet they neighbor's wife.
- 3.10. Thou shalt not covet they neighbor's goods.

Part IV: A Life of Prayer (cont)

We are soldiers of Christ standing against Satan. As Christians we are engaged in a personal great battle with Satan.

4.6.1. "...the flesh lusts against the Spirit, and the Spirit against the flesh; and these are contrary to one another, so that you do not do the things that you wish"

4.6.2. Three Categories of the Flesh to overcome

4.6.2.1. Sexual sins of the flesh

- 4.6.2.1.1. Adultery
- 4.6.2.1.2. Fornication
- 4.6.2.1.3. Uncleaness
- 4.6.2.1.4. Lasciviousness

4.6.2.2. Sins of misguided allegiance

- 4.6.2.2.1. Idolatry
- 4.6.2.2.2. Witchcraft
- 4.6.2.2.3. Drunkenness
- 4.6.2.2.4. Revelries (orgies)

4.6.2.3. Sins in personal relationships

- 4.6.2.3.1. Hatred
- 4.6.2.3.2. Contentions
- 4.6.2.3.3. Jealousies
- 4.6.2.3.4. Outbursts of wrath
- 4.6.2.3.5. Selfish ambitions
- 4.6.2.3.6. Heresies
- 4.6.2.3.7. Envy
- 4.6.2.3.8. Murder

4.6.3. Fruit of the Spirit

- 4.6.3.1. Agape love
 - 4.6.3.1.1. Unconditional love
- 4.6.3.2. Joy
- 4.6.3.3. Peace
- 4.6.3.4. Patience
- 4.6.3.5. Kindness
- 4.6.3.6. Goodness
- 4.6.3.7. Gentleness
- 4.6.3.8. Devotion to God

Part IV: A Life of Prayer

4.1. Anima Christi

4.1.1. Soul of Christ, sanctify me Body of Christ, save me Blood of Christ, inebriate me Water from Christ's side, wash me Passion of Christ, strengthen me O good Jesus, hear me

4.2. Prayer of St. Thomas Aquinas

4.2.1. Thanksgiving After Mass

4.3. Morning Offering

4.4. St. Thomas Aquinas' Prayer Before Mass

4.5. Prayer after Mass

4.6. Apostle Paul : Flesh versus the Spirit (Galatians 5:17-21)



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